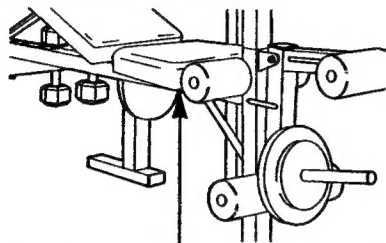


PRO 305TM

Model No. WEBE30551

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

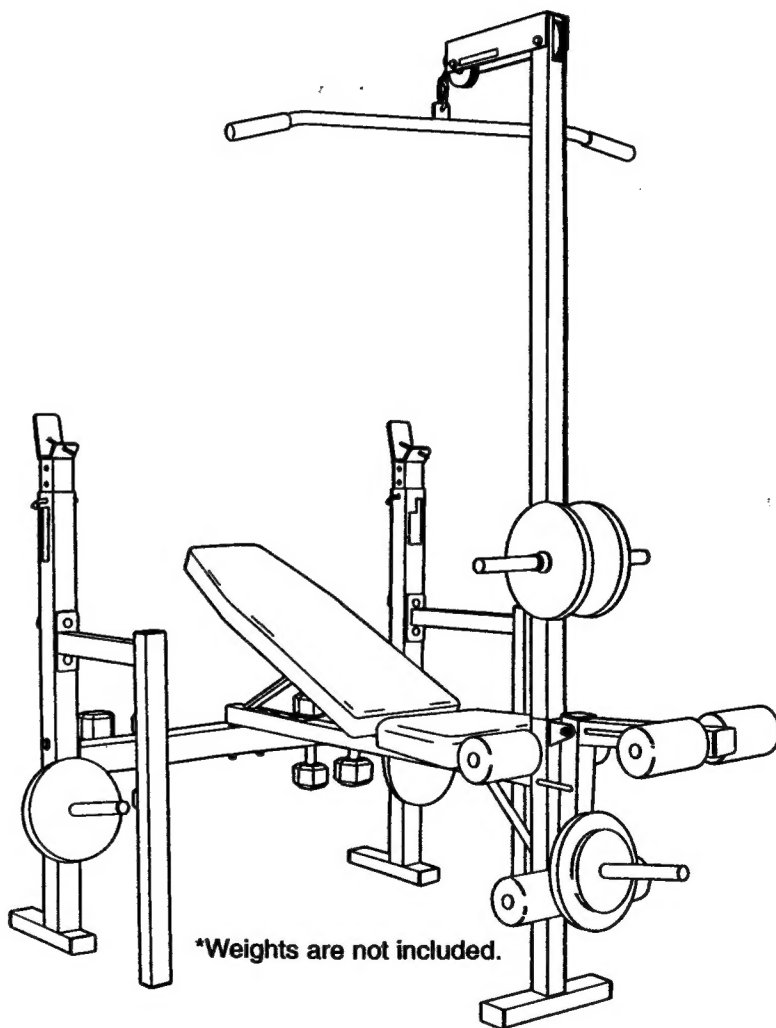
1-800-225-0653

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

Read all instructions and instructions for use before operating this machine. Failure to follow instructions may result in injury or death.

USER'S MANUAL



*Weights are not included.

WEIDER

TABLE OF CONTENTS

LIMITED WARRANTY	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
USING THE PRO 305	11
TROUBLE-SHOOTING AND MAINTENANCE	14
PART LIST	14
EXPLODED DRAWING	15
ORDERING REPLACEMENT PARTS	Back Cover

Note: A PART IDENTIFICATION CHART is attached to the center of this manual. Remove the PART IDENTIFICATION CHART before beginning assembly.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, for products used for commercial or rental purposes, or for products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
3. Inspect and tighten all parts regularly. Replace any worn parts immediately.
4. Keep small children and pets away from the weight bench at all times.
5. Always wear athletic shoes for foot protection when exercising.
6. The weight bench is designed to be used by only one person at a time.
7. Do not place more than 365 pounds on the weight rest; do not place more than 125 pounds on the leg lever; do not place more than 125 pounds on the weight carriage; do not place more than 125 pounds on each weight storage rack.
8. Keep hands and feet away from moving parts.
9. Make sure that the cable remains on the pulleys at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulleys.
10. Remove the lat bar when performing any exercise that does not use the lat bar.
11. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
12. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
13. Before using the backrest, be sure that the incline brace is fully inserted into one of the holes in the frame. If it is not, the backrest may slip.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® PRO 305 Weight Bench. The WEIDER® PRO 305 is designed to be used with your own weight set to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® PRO 305 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 305 Weight Bench. If you have additional questions, please call our Customer

Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE30551. The serial number can be found on a decal attached to the WEIDER® PRO 305 (see the front cover of this manual).

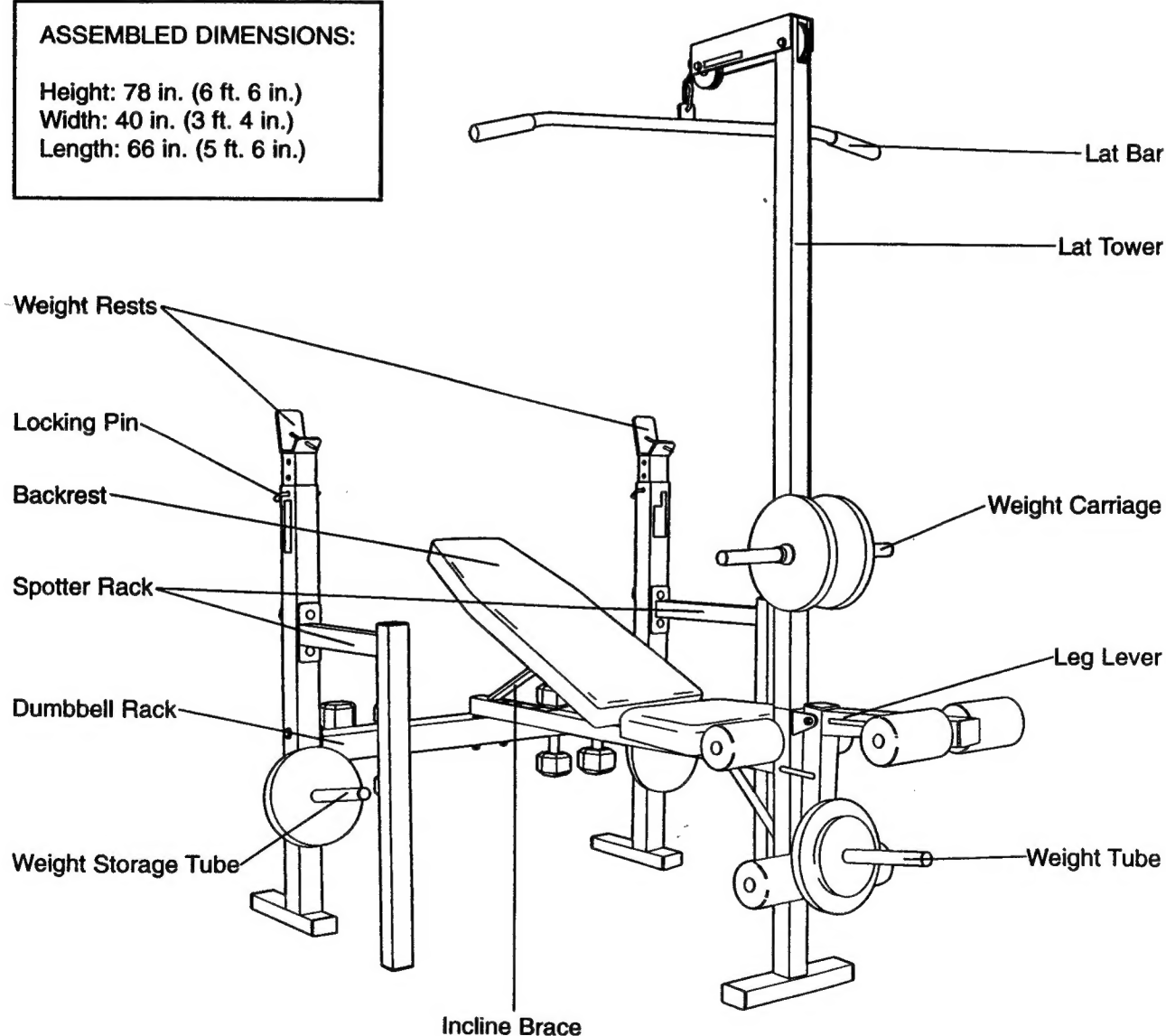
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

ASSEMBLED DIMENSIONS:

Height: 78 in. (6 ft. 6 in.)

Width: 40 in. (3 ft. 4 in.)

Length: 66 in. (5 ft. 6 in.)



*Weights are not included.




ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the WEIDER PRO 305 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- For help identifying the small parts used in assembly, use the **PART IDENTIFICATION CHART** located in the center of this manual. Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the WEIDER PRO 305, be sure that all parts are oriented as shown in the drawings.

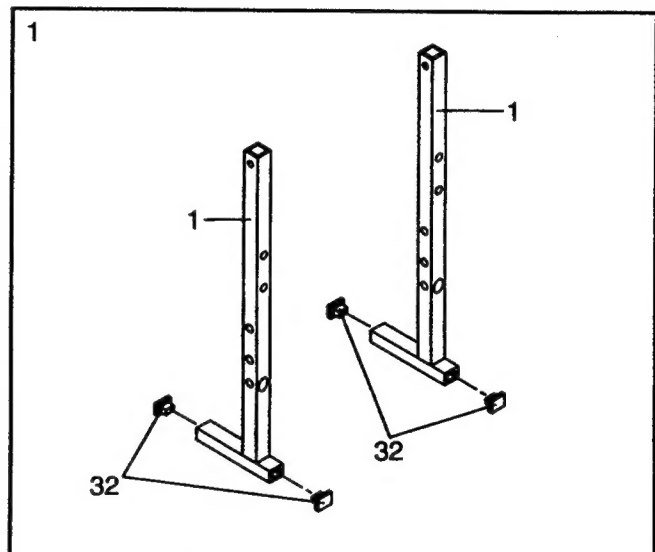
THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- Two (2) adjustable wrenches 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Before beginning assembly, be sure that you have read and understand the information in the box above.

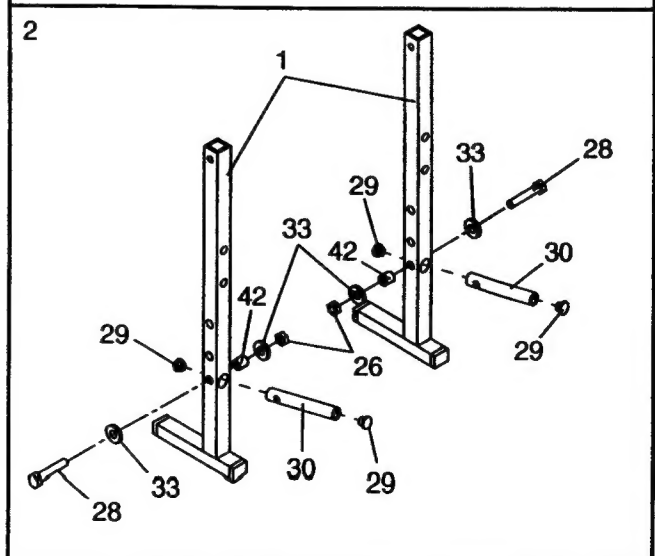
Press two 1 1/2" x 2 1/2" Caps (32) into each Upright (1).



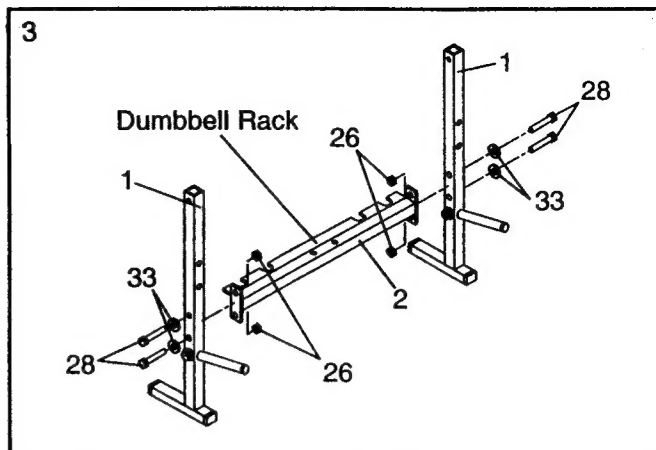
2. Press a 1" Round Cap (29) into each end of a Weight Tube (30). **Note: The Weight Tubes are the tubes with holes drilled near one end.**

Attach the Weight Tube (30) to an Upright (1) with a 5/16" x 3 1/4" Bolt (28), a 1/2" x 3/4" Spacer (42), two 5/16" Washers (33), and a 5/16" Nylon Locknut (26). **The Weight Tube must be attached to the indicated side of the Upright.**

Attach another Weight Tube (30) to the other Upright (1) in the same manner.



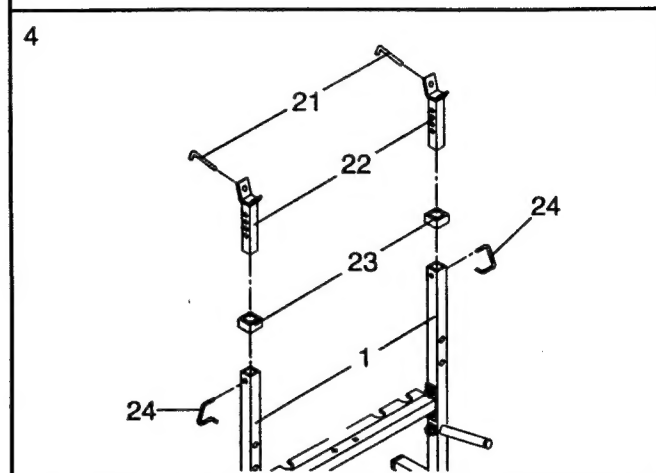
3. Attach each end of the Crossbar (2) to an Upright (1) with two 5/16" x 3 1/4" Bolts (28), two 5/16" Washers (33), and two 5/16" Nylon Locknuts (26). **Be sure that the Crossbar is turned so the Dumbbell Rack is on the indicated side.**



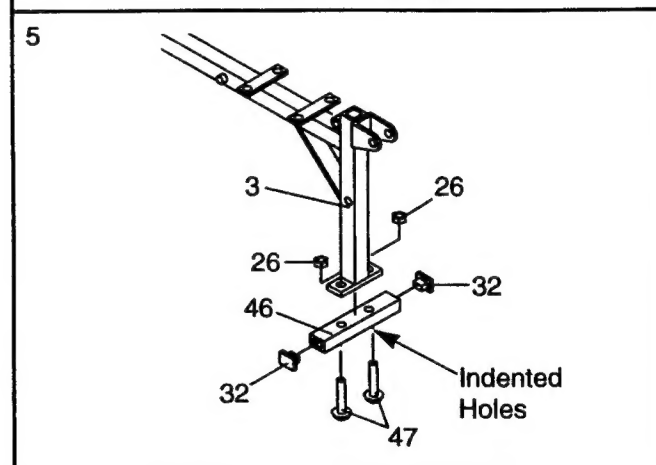
4. Press a 2 1/2" Square Bushing (23) onto the top of each Upright (1).

Insert a Weight Rest (22) into each Upright (1). Align one set of holes in a Weight Rest with the holes in the Upright. Insert a Locking Pin (24) through the Upright and the Weight Rest. Insert a Locking Pin into the other Upright and Weight Rest. **Be sure that both Weight Rests are set at the same height.**

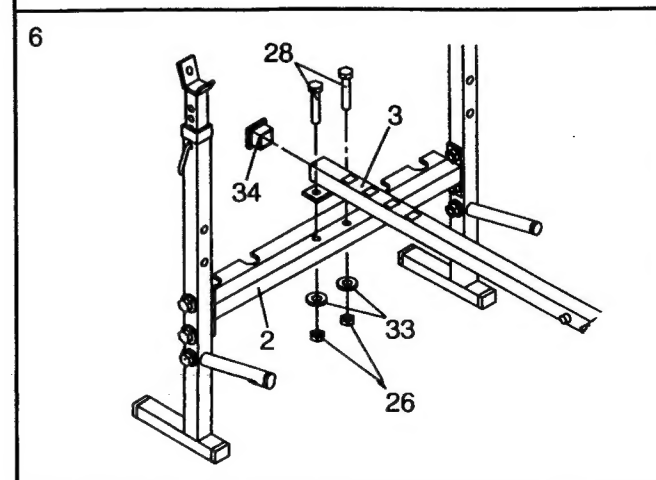
Insert an "L"-Pin (21) into each Weight Rest (22) as shown.



5. Press a 1 1/2" x 2 1/2" Cap (32) into each end of the Stabilizer (46). Attach the Stabilizer to the Frame (3) with two 5/16" x 2" Carriage Bolts (47) and two 5/16" Nylon Locknuts (26). **The indented holes in the Stabilizer must be facing the floor for the Carriage Bolt heads to sit in.**



6. Press a 1 3/4" Square Cap (34) into the indicated end of the Frame (3). Attach the Frame to the Crossbar (2) with two 5/16" x 3 1/4" Bolts (28), two 5/16" Washers (33), and two 5/16" Nylon Locknuts (26).



7. Insert a 5/16" x 3 1/4" Carriage Bolt (19) through the lower hole in one of the Uprights (1). Tighten a 5/16" Nylon Locknut (26) with a 5/16" Washer (33) onto the Bolt. **Do not over-tighten the Nylon Locknut.**

Press a 2" Square Cap (31) into each end of the Right Spotter Rack (4). (See the inset drawings to identify the Right Spotter Rack.) Slide the Right Spotter Rack onto the head of the 5/16" x 3 1/4" Carriage Bolt (19) in the Upright (1). Insert another 5/16" x 3 1/4" Carriage Bolt through the upper holes in the Right Spotter Rack and the Upright from the direction shown. Tighten a 5/16" Knob (25) onto the Bolt.

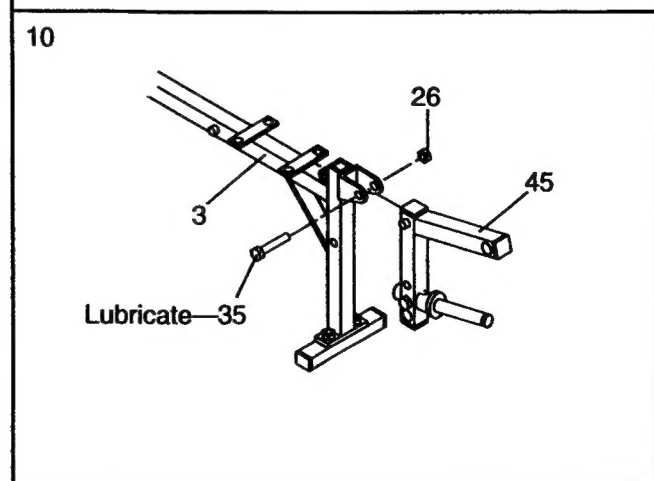
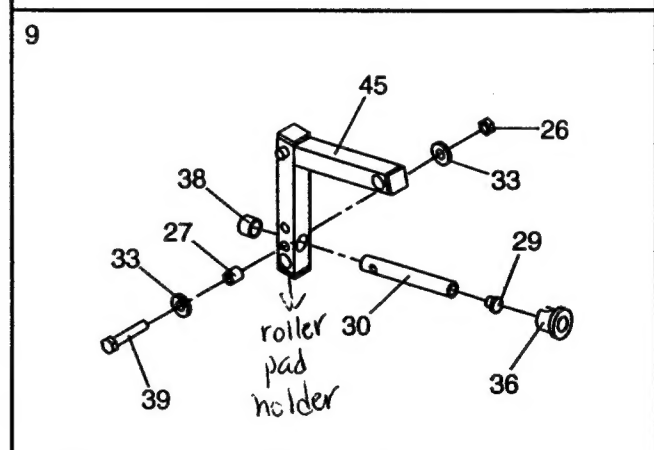
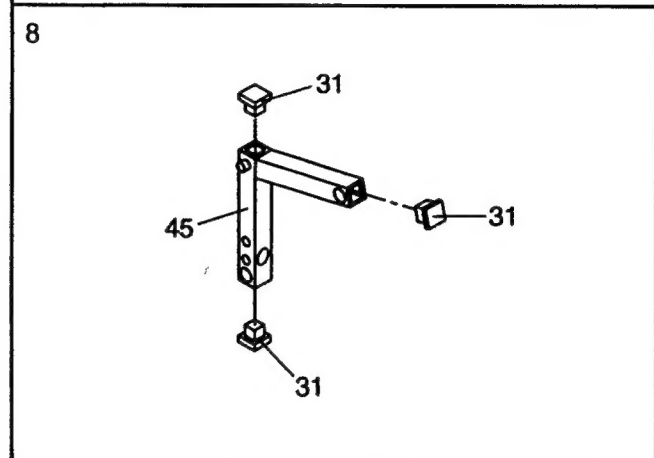
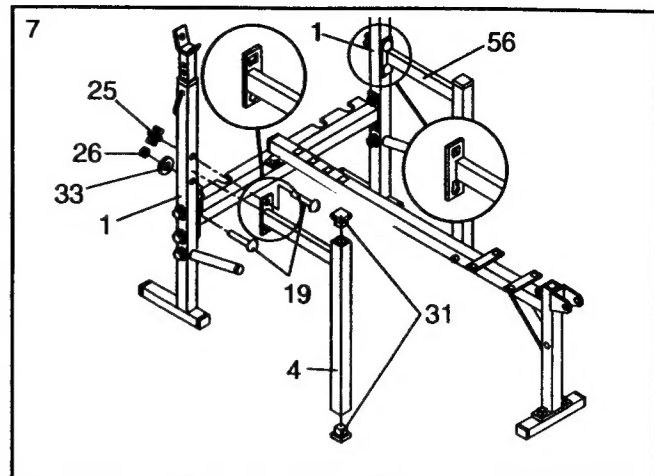
Assemble the Left Spotter Rack (56) to the other Upright (1) in the same manner.

8. Press 2" Square Caps (31) into the Leg Lever (45) in the indicated locations.

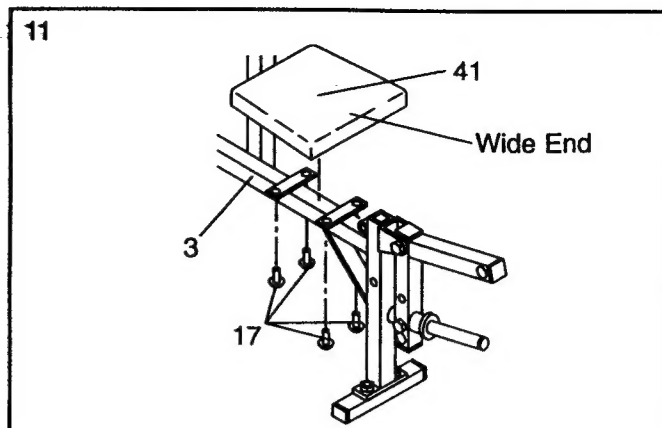
9. Attach a Weight Tube (30) to the Leg Lever (45) with the 5/16" x 2 1/2" Bolt (39), a 1/2" x 17/32" Spacer (27), two 5/16" Washers (33), and a 5/16" Nylon Locknut (26).

Press a 1" Round Cap (29) into the indicated end of the Weight Tube (30). Press a 1" Angled Cap (38) onto the other end. Slide a Weight Stop (36) onto the Weight Tube.

10. Lubricate the 5/16" x 3" Bolt (35). Attach the Leg Lever (45) to the Frame (3) with the 5/16" x 3" Bolt and a 5/16" Nylon Locknut (26).

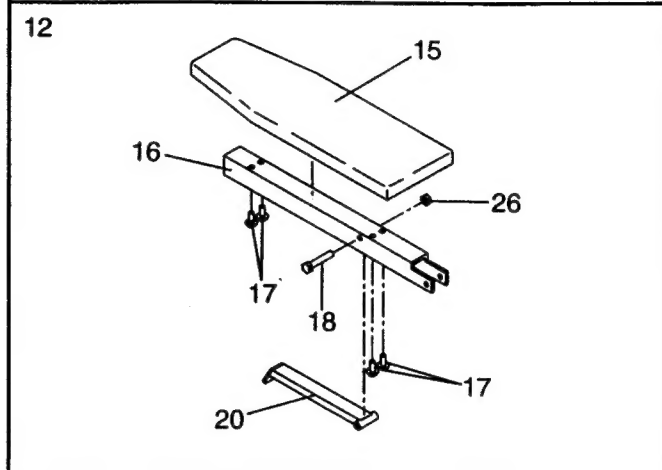


11. Attach the Seat (41) to the Frame (3) with four 1/4" x 1/2" Screws (17). Do not tighten the Screws until all four Screws are inserted. Be sure that the Seat is turned as shown.

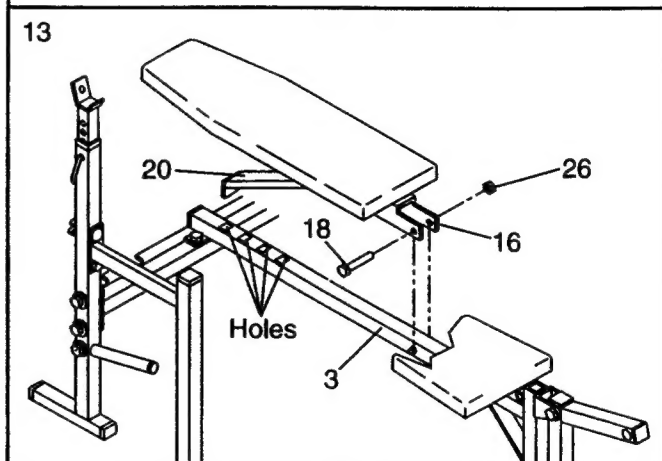


12. Attach the Backrest (15) to the Backrest Rail (16) with four 1/4" x 1/2" Screws (17). Do not tighten the Screws until all four Screws are inserted.

Attach the Incline Brace (20) to the Backrest Rail (16) with a 5/16" x 3 1/2" Bolt (18) and a 5/16" Nylon Locknut (26). Do not overtighten the Nylon Locknut.



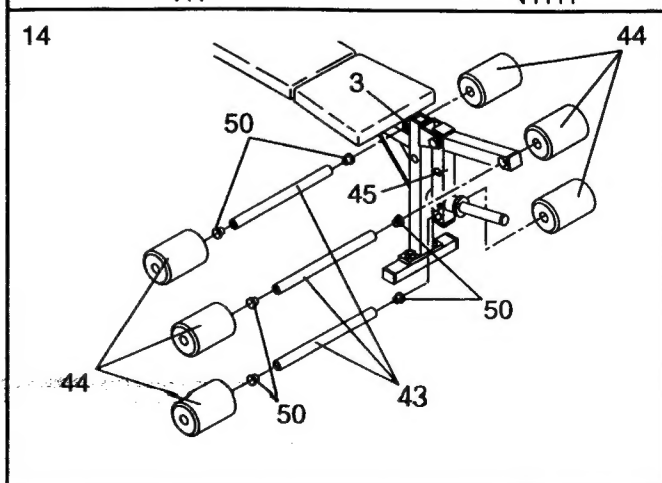
13. Attach the Backrest Rail (16) to the Frame (3) with a 5/16" x 3 1/2" Bolt (18) and a 5/16" Nylon Locknut (26). Rest the end of the Incline Brace (20) in one of the holes in the Frame.



14. Press 3/4" Round Caps (50) into the ends of the three Pad Tubes (43).

Insert a Pad Tube (43) into the welded tube on the Frame (3). Slide a Foam Pad (44) onto each end of the Pad Tube.

Insert two Pad Tubes (43) into the Leg Lever (45). Slide Foam Pads (44) onto the ends of the Pad Tubes.



15. Feed the Cable (13) through the indicated slot in the Lat Tower (5). **The ball must be on the side shown.** Rest the Cable in the groove of a Pulley (12). Attach the Pulley to the Lat Tower with a $\frac{3}{8}$ " x 3" Bolt (11), two $\frac{3}{8}$ " Washers (9), two $\frac{1}{2}$ " x $\frac{5}{8}$ " Spacers (10), and a $\frac{3}{8}$ " Nylon Locknut (8).

Rest the Cable (13) in the groove of the other Pulley (12). Attach the other Pulley to the Lat Tower (5) in the same manner. The Cable must run smoothly over both Pulleys.

Attach a Cable Clip (14) to the indicated end of the Cable (13).

16. Press a 1" Round Cap (29) into each end of the weight tube on the Weight Carriage (37). Slide a Weight Stop (36) onto each end of the weight tube.

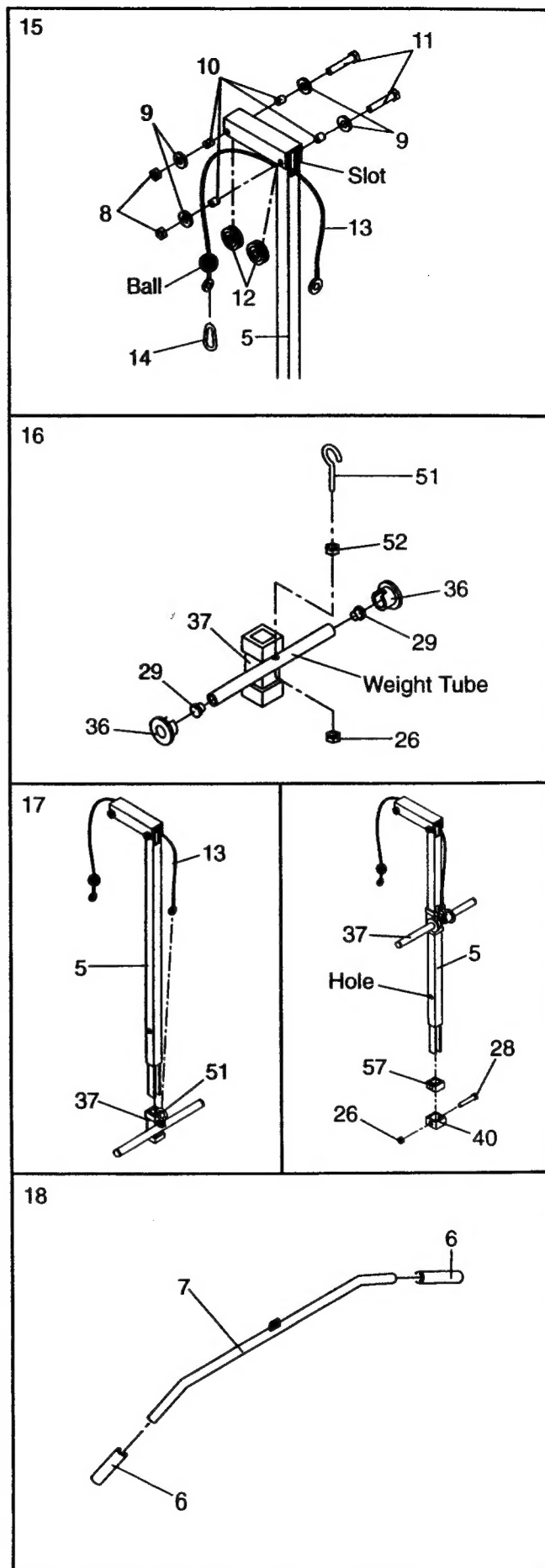
Thread the $\frac{5}{16}$ " Nut (52) onto the $\frac{5}{16}$ " Eye Bolt (51). Attach the Eye Bolt to the weight tube with a $\frac{5}{16}$ " Nylon Locknut (26) as shown.

17. Slide the Weight Carriage (37) onto the Lat Tower (5). **The Weight Carriage must be oriented as shown.** Attach the Cable (13) to the $\frac{5}{16}$ " Eye Bolt (51).

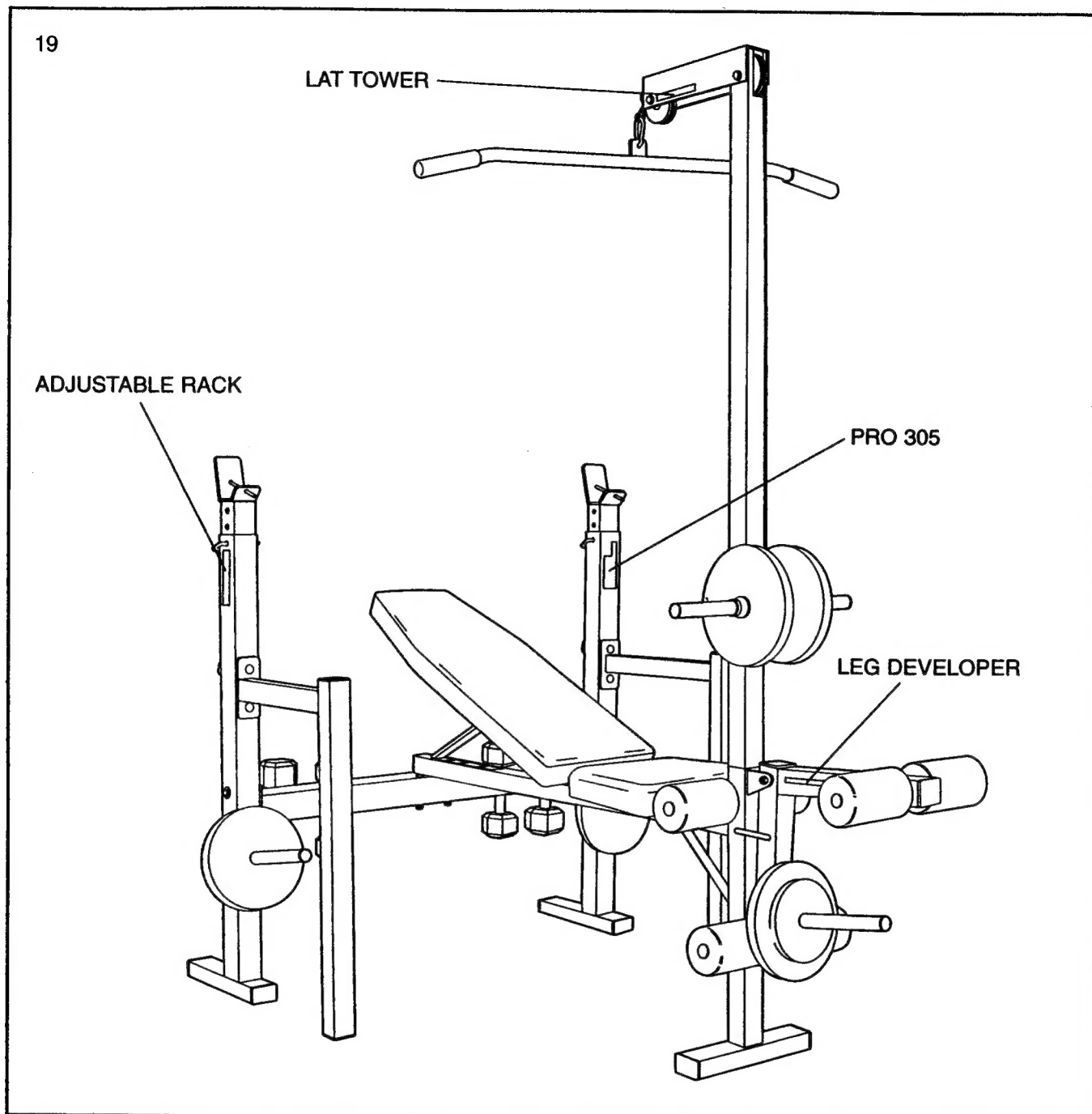
Press the 2 $\frac{1}{2}$ " Drilled Bushing (57) onto the Weight Carriage Stop (40). **Be sure that the holes in the Drilled Bushing line up with the holes in the Weight Carriage Stop.**

Slide the Weight Carriage Stop (40) onto the Lat Tower (5). Align the holes in the Weight Carriage Stop with the hole in the Lat Tower. Attach the Weight Carriage Stop to the Lat Tower with a $\frac{5}{16}$ " x $3\frac{1}{4}$ " Bolt (28) and a $\frac{5}{16}$ " Nylon Locknut (26). **The Weight Carriage (37) must be above the Weight Carriage Stop.**

18. Wet each end of the Lat Bar (7) with soapy water. Slide a Hand Grip (6) onto each end of the Lat Bar.



19. Remove the decals from the Decal Sheet (not shown) and apply them to the weight bench as shown.



The use of all remaining parts will be explained on pages 11 to 13, OPERATION AND ADJUSTMENT. **Make sure that all parts of the weight bench have been properly tightened.** Before using the lat tower, pull the cable a few times to be sure that the cable moves smoothly over the pulleys. If the cable does not move smoothly, find and correct the problem.

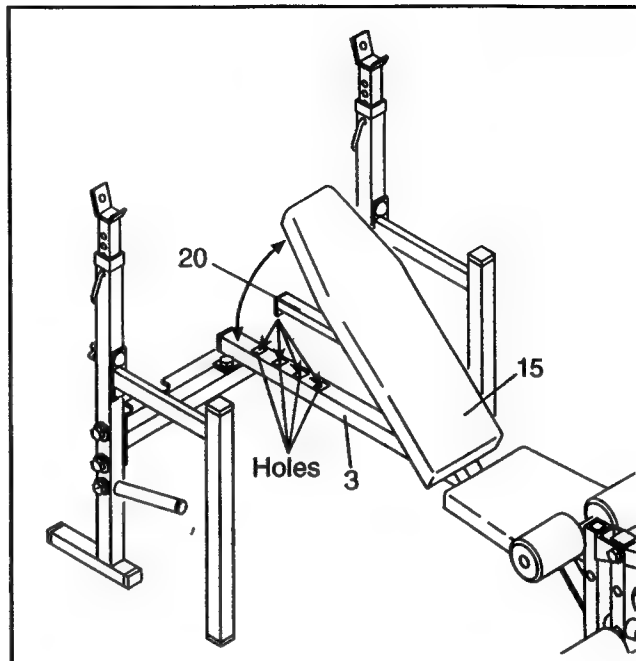
USING THE PRO 305

The instructions below describe how each part of the weight bench can be adjusted. Refer to the exercise information accompanying your weight set (not included) to see the correct form for each exercise.

ADJUSTING THE BACKREST

The Backrest (15) has a level position and four incline positions. To set the Backrest at the level position, lift the Incline Brace (20) and hold it up as you lower the Backrest onto the Frame (3).

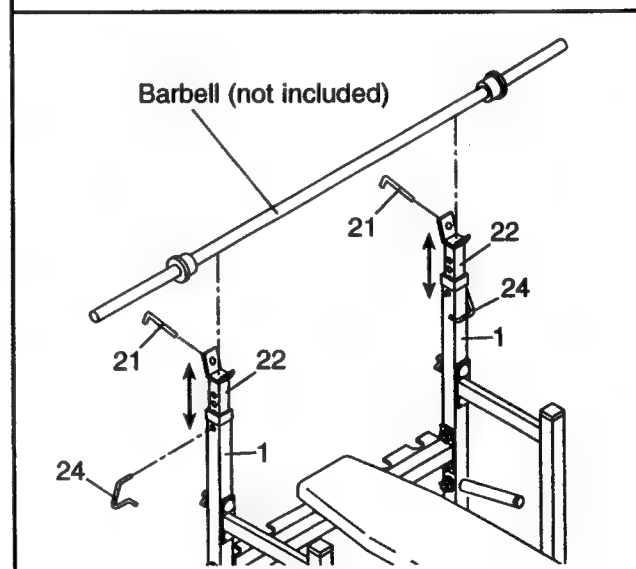
To set the Backrest (15) at an incline position, first lift the Backrest to the desired position. Fully insert the end of the Incline Brace (20) into the desired hole in the Frame (3). **Before using the Backrest, be sure that the Incline Brace is fully inserted into the hole in the Frame. If it is not, the Backrest may slip.**



USING THE WEIGHT RESTS

To adjust the height of the Weight Rests (22), remove the Locking Pin (24) from each Upright (1) and Weight Rest. Move the Weight Rests to the desired height. Align the holes in the Weight Rests and the Uprights. Re-insert the Locking Pins. **Be sure that the Weight Rests are set at the same height.**

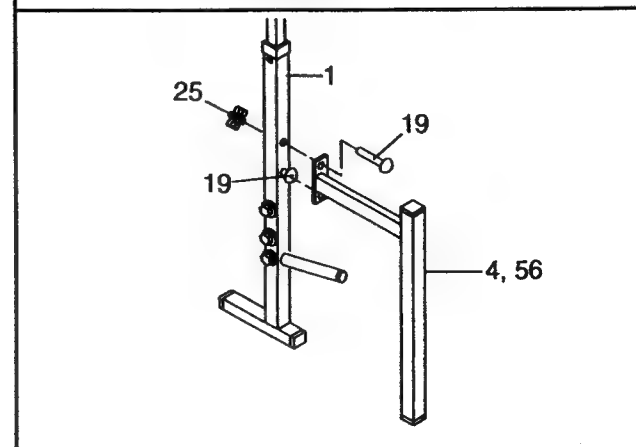
To change weights while your barbell is on the Weight Rests (22), secure the barbell with the "L"-Pins (21). This will reduce the possibility of the barbell tipping while you change weights. **Be sure to place the same amount of weight on both ends of the barbell.**



USING THE SPOTTER RACKS

The Right and Left Spotter Racks (4, 56) are designed to decrease the possibility of injury from the barbell falling if you cannot complete a repetition. **Always train with a partner! The Spotter Racks cannot eliminate the possibility of injury.**

To remove the Right and Left Spotter Racks (4, 56), remove the 5/16" Knobs (25) from the upper 5/16" x 3 1/4" Carriage Bolts (19). Lift the Right and Left Spotter Racks off the other 5/16" x 3 1/4" Carriage Bolts.



USING THE LEG LEVER

To use the Leg Lever (45), be sure that there is a Weight Stop (36) on the Weight Tube (30). Slide the desired amount of weight (not included) onto the Weight Tube.

To lock the Leg Lever (45) into place, insert the "U" Hook (49) into the Frame (3) and the Leg Lever. The long end of the "U" Hook must be inserted into the Frame.

USING THE LAT TOWER

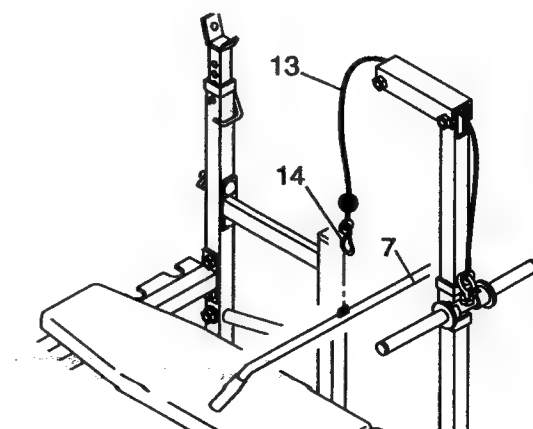
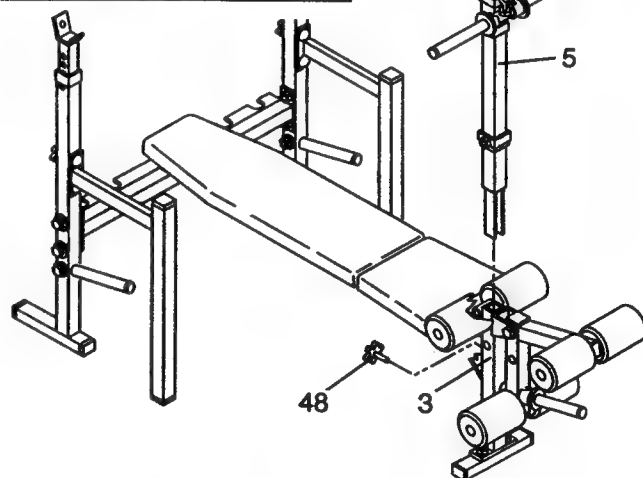
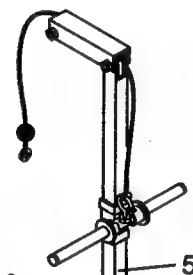
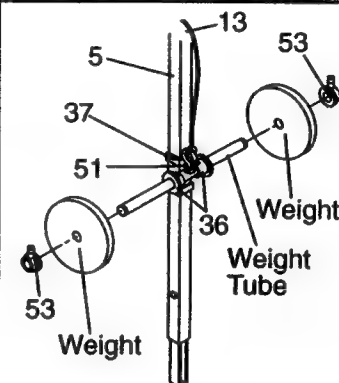
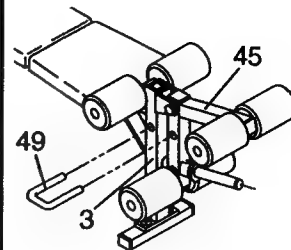
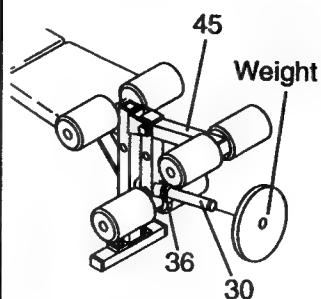
To attach the Lat Tower (5) to the weight bench, insert the lower end of the Lat Tower into the Frame (3). The Lat Tower must be oriented as shown. Secure the Lat Tower with the Lat Tower Knob (48).

See the inset drawing. To use the Weight Carriage (37), be sure that the Cable (13) is attached to the 5/16" Eye Bolt (51). Be sure that there is a Weight Stop (36) on both sides of the weight tube. Slide the desired amount of weight (not included) onto the weight tube. Attach a Weight Collar (53) to each side of the weight tube.

ATTACHING THE LAT BAR

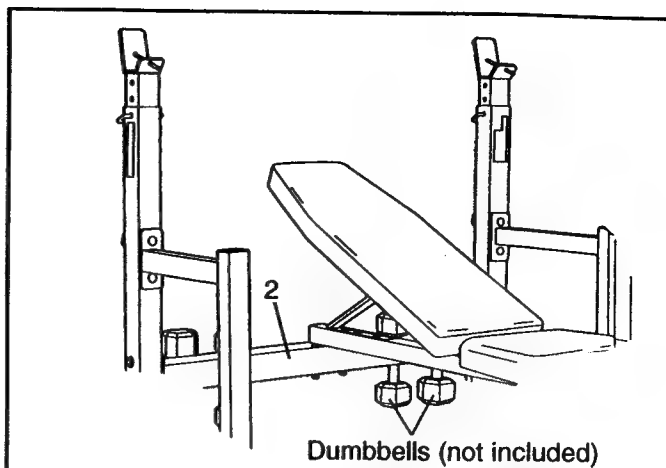
Attach the Lat Bar (7) to the Cable (13) with a Cable Clip (14).

*Weights are not included.



USING THE DUMBBELL RACK

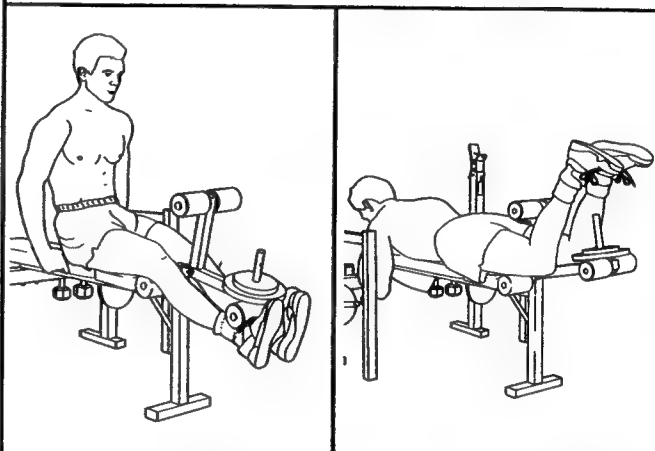
The WEIDER PRO 305 is equipped with a dumbbell rack. To use the dumbbell rack, place your dumbbells (not included) into the slots on the back of the Crossbar (2).



EXERCISING WITH THE LEG LEVER

To perform leg extensions, sit on the bench with your feet under the lower pads of the leg lever. Lift your legs, as shown. Return to the starting position.

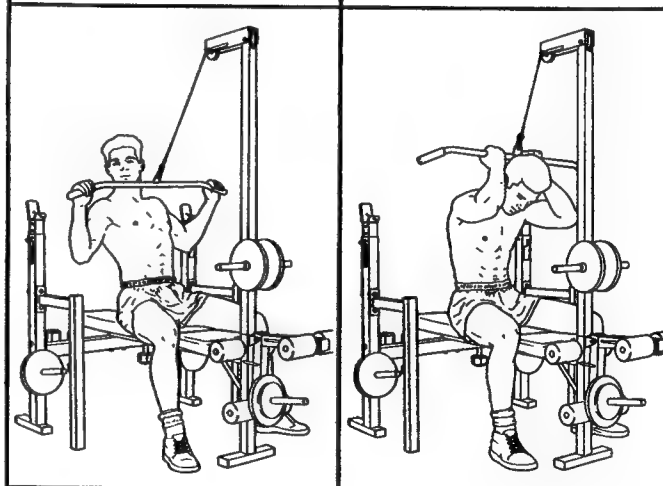
To perform leg curls, lie on the bench as shown with your ankles under the upper pads of the leg lever. Lift your legs, as shown. Return to the starting position.



EXERCISING WITH THE LAT TOWER

To perform lat pull-down exercises, sit on the bench, extend your arms up and hold the lat bar as shown. Pull the lat bar down until your hands are level with your neck. Return to the starting position. This exercises your shoulders and upper back.

To perform ab crunch exercises, sit on the bench and hold the lat bar with a close grip behind your head as shown. Keep your back straight and slowly bend forward at the waist. Return to the starting position. This exercises your stomach muscles.



TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

If any parts need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

PART LIST—Model No. WEBE30551

R0995A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	31	7	2" Square Cap
2	1	Crossbar	32	6	1 1/2" x 2 1/2" Cap
3	1	Frame	33	14	5/16" Washer
4	1	Right Spotter Rack	34	1	1 3/4" Square Cap
5	1	Lat Tower	35	1	5/16" x 3" Bolt
6	2	Hand Grip	36	3	Weight Stop
7	1	Lat Bar	37	1	Weight Carriage
8	2	3/8" Nylon Locknut	38	1	1" Angled Cap
9	4	3/8" Washer	39	1	5/16" x 2 1/2" Bolt
10	4	1/2" x 5/8" Spacer	40	1	Weight Carriage Stop
11	2	3/8" x 3" Bolt	41	1	Seat
12	2	Pulley	42	2	1/2" x 3/4" Spacer
13	1	Cable	43	3	Pad Tube
14	1	Cable Clip	44	6	Foam Pad
15	1	Backrest	45	1	Leg Lever
16	1	Backrest Rail	46	1	Stabilizer
17	8	1/4" x 1/2" Screw	47	2	5/16" x 2" Carriage Bolt
18	2	5/16" x 3 1/2" Bolt	48	1	Lat Tower Knob
19	4	5/16" x 3 1/4" Carriage Bolt	49	1	"U" Hook
20	1	Incline Brace	50	6	3/4" Round Cap
21	2	"L" Pin	51	1	5/16" Eye Bolt
22	2	Weight Rest	52	1	5/16" Nut
23	4	2 1/2" Square Bushing	53	2	Weight Collar
24	2	Locking Pin	54	2	Set Screw
25	2	5/16" Knob	55	1	Set Screw Wrench
26	18	5/16" Nylon Locknut	56	1	Left Spotter Rack
27	1	1/2" x 17/32" Spacer	57	1	2 1/2" Drilled Bushing
28	9	5/16" x 3 1/4" Bolt	#	1	User's Manual
29	7	1" Round Cap	#	1	Decal Sheet
30	3	Weight Tube			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

ORDERING REPLACEMENT PARTS

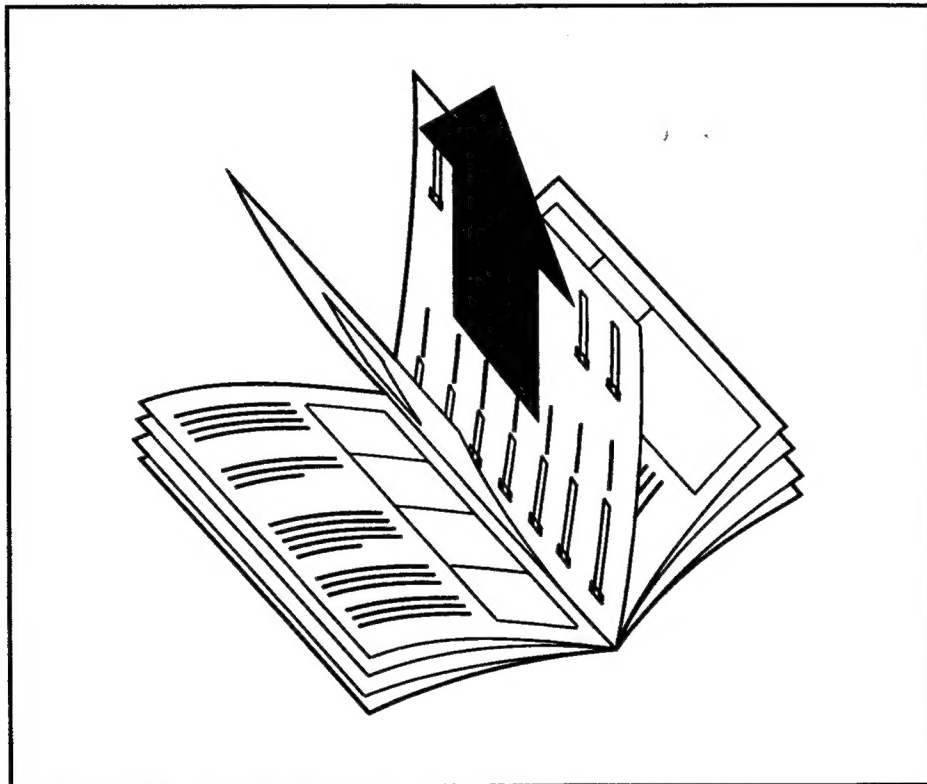
To order replacement parts, simply call our Customer Service Department toll-free at 1-800-225-0653, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

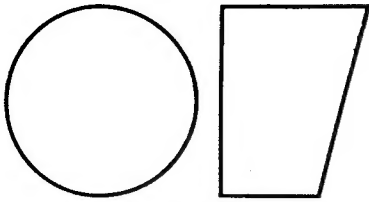
1. The MODEL NUMBER of the product (WEBE30551).
2. The NAME of the product (WEIDER® PRO 305 Weight Bench).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14 of this manual).

125941

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

This chart is provided to help you identify the small parts used in assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.** The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly.

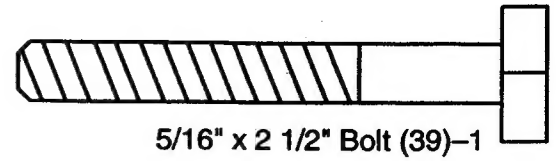




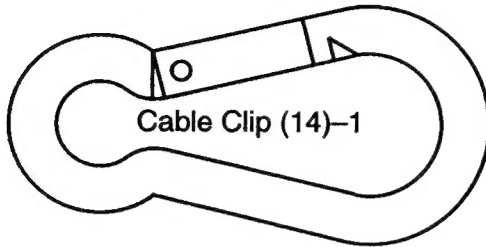
1" Angled Cap (38)–1



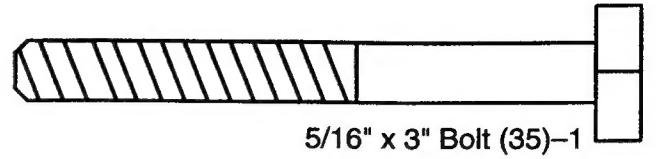
1/4" x 1/2" Screw (17)–8



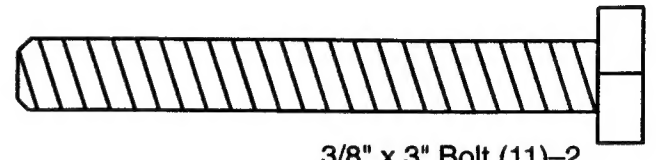
5/16" x 2 1/2" Bolt (39)–1



Cable Clip (14)–1



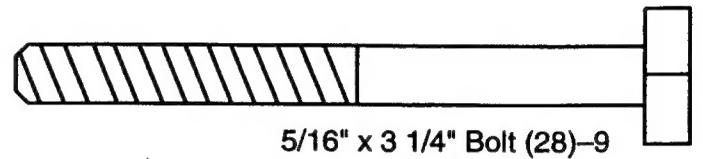
5/16" x 3" Bolt (35)–1



3/8" x 3" Bolt (11)–2



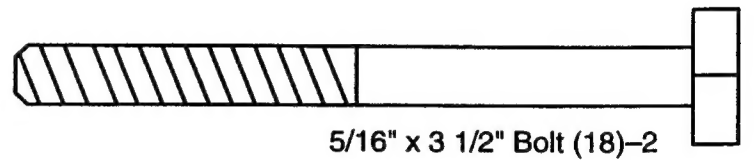
1/2" x 3/4" Spacer (42)–2



5/16" x 3 1/4" Bolt (28)–9



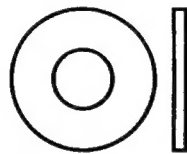
1/2" x 5/8" Spacer (10)–4



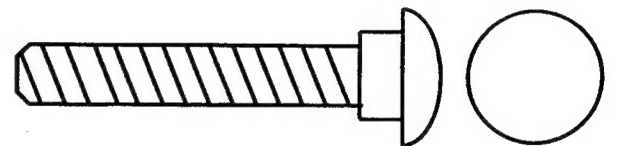
5/16" x 3 1/2" Bolt (18)–2



1/2" x 17/32" Spacer (27)–1



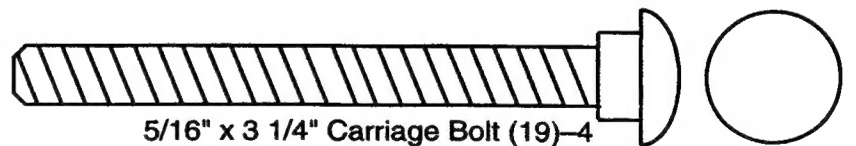
5/16" Washer (33)–14



5/16" x 2" Carriage Bolt (47)–2



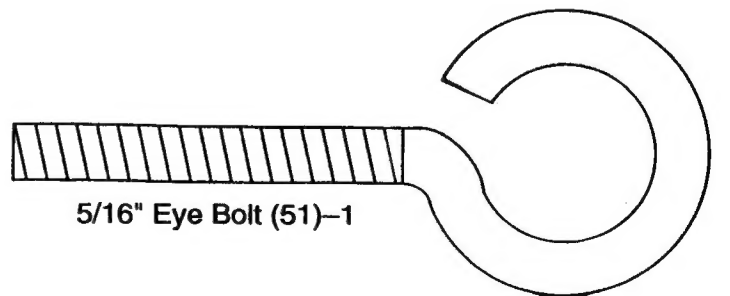
5/16" Nut (52)–1



5/16" x 3 1/4" Carriage Bolt (19)–4



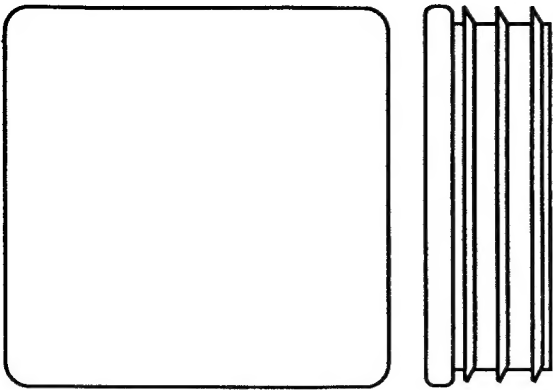
5/16" Nylon Locknut (26)–18



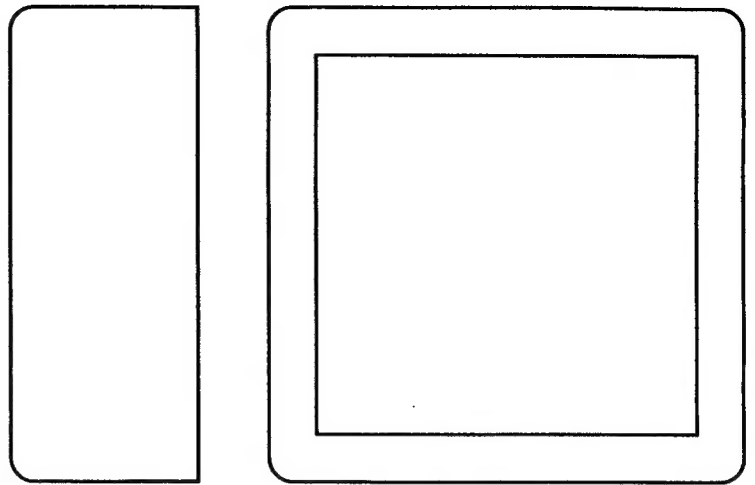
5/16" Eye Bolt (51)–1



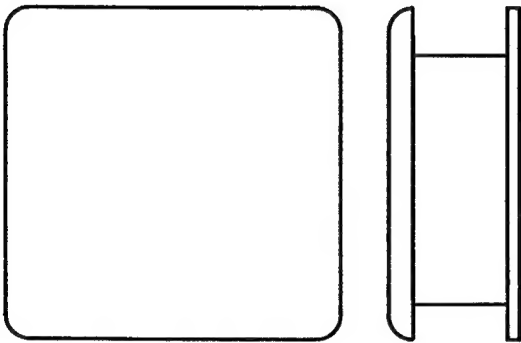
3/8" Nylon Locknut (8)–2



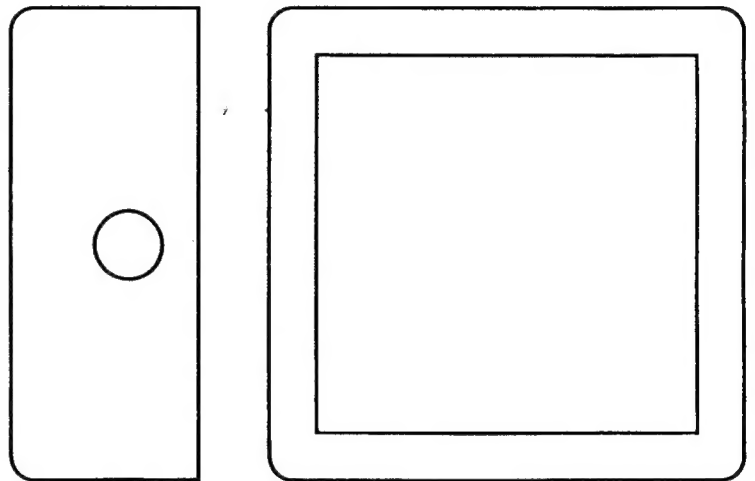
2" Square Cap (31)–7



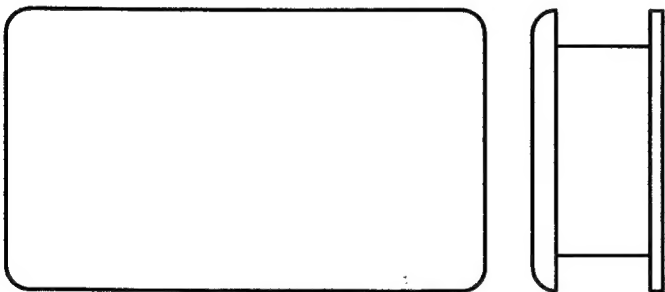
2 1/2" Square Bushing (23)–4



1 3/4" Square Cap (34)–1



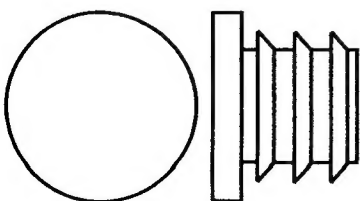
2 1/2" Drilled Bushing (57)–1



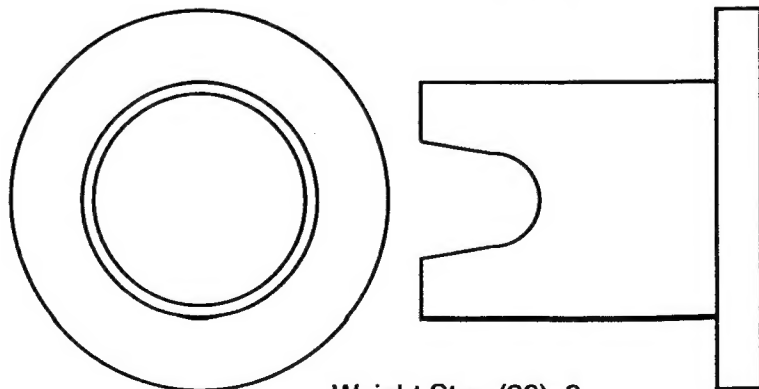
1 1/2" x 2 1/2" Cap (32)–6



3/4" Round Cap (50)–6



1" Round Cap (29)–7



Weight Stop (36)–3